

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

Summer
2017



We hope you enjoy the Summer Edition of The Portland Resource. As always, you can get a copy of The Portland Resource by...

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center, Senior Services (city/county building) or at the ADRC.



Any feedback or questions,
please contact Jackie at (920) 929-3466.

Contact Us

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The Aging & Disability
Resource Center of
Fond du Lac County is
located at

50 N. Portland
Street
Fond du Lac, WI
54935

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

A Word from the Disability Benefit Specialist... Lynnette Benedict

What Does A my Social Security Account Let Me Do?

If you do not receive benefits, you can:

- Request a replacement Social Security card if you meet certain requirements;
- Check the status of your application or appeal.
- Get your Social Security Statement, to review:
 - Estimates of your future retirement, disability, and survivors benefits;
 - Your earnings once a year to verify the amounts that we posted are correct; and
 - The estimated Social Security and Medicare taxes you've paid.
- Get a benefit verification letter stating that:
 - You never received Social Security benefits, Supplemental Security Income (SSI) or Medicare; or
 - You received benefits in the past, but do not currently receive them. (The letter will include the date your benefits stopped and how much you received that year.); or
 - You applied for benefits but haven't received an answer yet.

If you receive benefits or have Medicare, you can:

- Request a replacement Social Security card if you meet certain requirements;
- Get your benefit verification letter;
- Check your benefit and payment information and your earnings record;
- Change your address and phone number;
- Start or change direct deposit of your benefit payment;
- Get a replacement Medicare card; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

Thank you for Going Green!

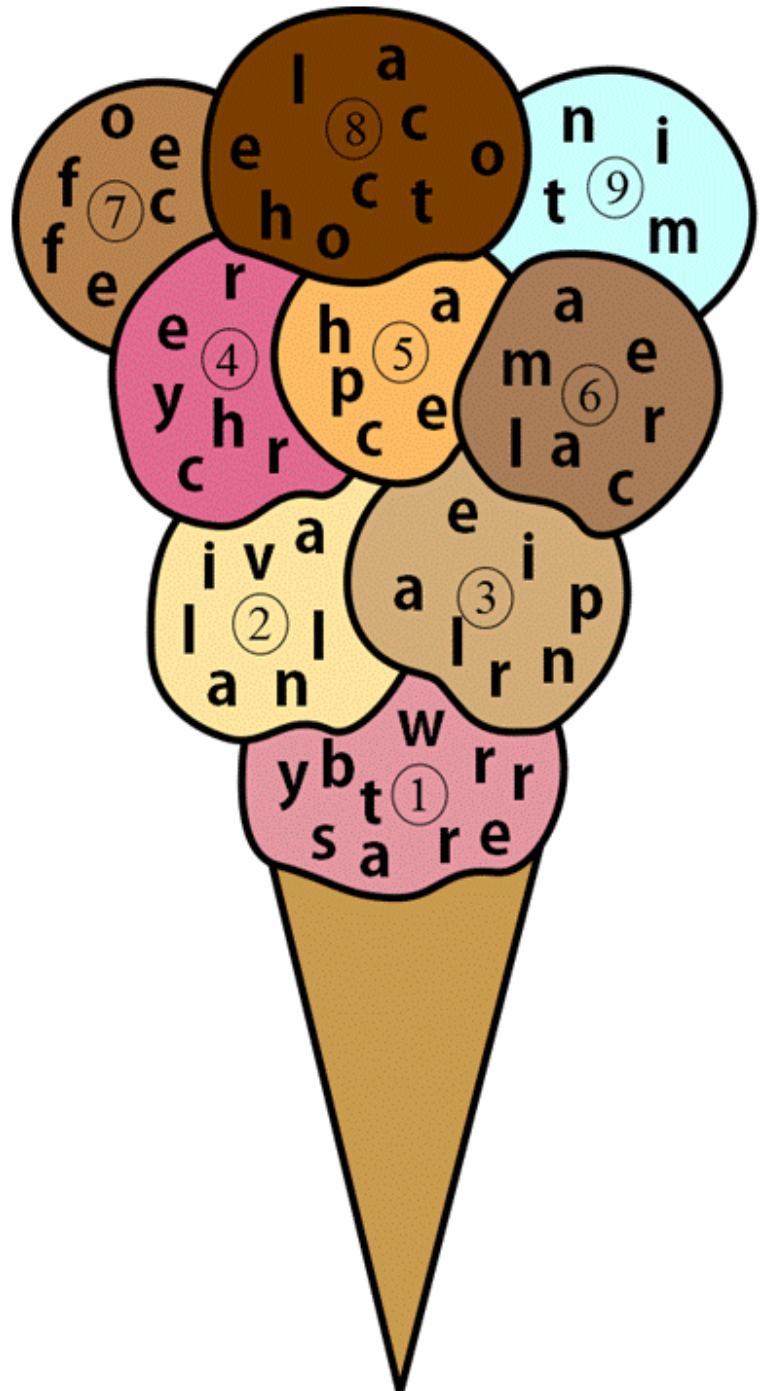
With instant access to your *Social Security Statement* at any time, you will no longer receive one periodically in the mail, saving money and the environment.

If you would like to receive your *Social Security Statement* by mail, follow these instructions.

Source: <https://www.ssa.gov/myaccount/>

Ice Cream Cone Word Scramble!
Unscramble the letters on each scoop below!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



© puzzles-to-print.com

Answers: 1 Strawberry 2. Vanilla 3. Praline 4. Cherry 5. Peach 6. Caramel 7. Coffee 8. Chocolate 9. Mint

Source: <https://www.puzzles-to-print.com/word-scrambles/summer-word-scramble.shtml>



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

June 15th is World Elder Abuse Awareness Day!

If you suspect someone is a victim of Elder Abuse, contact the ADRC at (920) 929-3466 to make a report. Help us take a stand against elder abuse!

Last year, **127 Adult Protective Services Cases** were investigated in Fond du Lac County. Of those **127, 95** individuals were considered elderly (age 60+).

In honor of World Elder Abuse Awareness Day, the ADRC will be setting up a banner and pinwheels in Fond du Lac County Veterans Park on the corner of 4th and S. Main Street from 6/12/17 to 6/19/17. Each pinwheel at this display represents an investigation that the ADRC of Fond du Lac County completed in 2016.

Please come check out the display and helps us take a stand against elder abuse!

RECIPE BOX

Peach-Berry Cobbler

Makes: 9 servings **Carb Grams Per Serving:** 28



5

Ingredients

4 cups sliced, peeled fresh peaches or one 16-ounce package frozen unsweetened peach slices, thawed
1/4 cup cold water
2 tablespoons sugar or sugar substitute* equivalent to 2 tablespoons sugar
4 teaspoons cornstarch
1 tablespoon lemon juice
1/4 teaspoon ground allspice, cardamom, or cinnamon
1 recipe Biscuit Topping (see recipe below)
2 cups fresh raspberries or frozen lightly sweetened raspberries, thawed

Directions

For filling, in a medium saucepan, combine peaches, the water, sugar or sugar substitute, cornstarch, lemon juice, and allspice, cardamom, or cinnamon. Let stand for 10 minutes. Meanwhile, preheat oven to 400 degree F. Prepare Biscuit Topping. Cook and stir the peach mixture over medium heat until thickened and bubbly. Stir in the raspberries. Heat through, stirring gently. Transfer the hot filling to a 2-quart round or square baking dish. Immediately drop the Biscuit Topping into small mounds onto the hot filling. Bake about 20 minutes or until browned and a toothpick inserted into topping comes out clean. Serve warm. *Sugar Substitute: We recommend Splenda® granular, Equal® packets, or Equal® Spoonful. Be sure to use package directions to determine product amount equivalent to the specified amount of sugar.

Biscuit Topping

Ingredients

1 cup all-purpose flour
2 tablespoons sugar or sugar substitute* equivalent to 3 tablespoons sugar
3/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon ground allspice, cardamom, or cinnamon
1/8 teaspoon salt
1/3 cup plain low-fat yogurt
1/4 cup refrigerated or frozen egg product, thawed, or 1 egg, beaten
2 tablespoons butter or margarine, melted

Nutrition Facts Per Serving:

Servings Per Recipe: 9
PER SERVING: 150 cal., 3 g total fat (1 g sat. fat), 8 mg chol., 126 mg sodium, 28 g carb. (4 g fiber), 3 g pro.

Diabetic Exchanges

Fat (d.e): 0.5; Fruit (d.e): 1; Other Carb (d.e): 1

Directions

In a medium bowl, combine flour, sugar, baking powder, baking soda, allspice and salt. In a small bowl, stir together yogurt, egg product and butter. Add egg mixture to flour mixture, stirring just until moistened.

Source: <http://www.diabeticlivingonline.com/recipe/desserts/peach-berry-cobbler/>

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

Source: [http://www.alz.org/sewi/documents/Go_Purple_in_June_Combined_Toolkit_\(2\).pdf](http://www.alz.org/sewi/documents/Go_Purple_in_June_Combined_Toolkit_(2).pdf)

The Aging and Disability Resource Center Offers

Music & Memory

OTHER WAYS
YOU CAN HELP
THIS PROGRAM



What do we provide to individuals on program?

- ✚ Free music and activities for in-home care
- ✚ Memory enhancing activities
- ✚ Ongoing support for caregivers
- ✚ Personalized visit with a professional
 - Playing/Adding/Removing music
 - Enhancing interaction

Do you know someone who could benefit?

Contact Theresa Menting, Music & Memory Coordinator

920-904-4691 theresa.menting@fdlco.wi.gov

OTHER WAY TO DONATE

Music & Memory materials

Donating to our inventory is one way to help this program become more stable. Gently used crafts, games, or anything similar to the Amazon wish list is welcome.

Amazon Wish List

On this wish list, we have provided games, puzzles, iPods, iPads, and other activities the Music & Memory program uses at home visit to enhance participants' memory and interactions with their caregivers. The following web site shows the items we need to make the program strive to be better:

https://www.amazon.com/gp/registry/wishlist/2NN8VR6ZLKYH0/ref=nav_wishlist_lists_1

Facebook

The Music & Memory Facebook shares events, photos and other news about how music makes a difference in participants' lives.

<https://www.facebook.com/MusicAndMemory/>

- Relieving stress on caregiver



June is Alzheimer's and Brain
Awareness Month!!

Learn more at
www.alz.org/sewi

**fond du lac
county caregiver
conference**

the more you know:
a day of education and
support for those who care



SAVE THE DATE

2017 Caregiver Conference

TUESDAY SEPTEMBER 26th, 2017

Holiday Inn Conference Center, Fond du Lac

alzheimer's  association®



Dementia Care Network
of Fond du Lac County





Our Mission Statement: Our volunteers serve the residence of Fond du Lac County by providing support to foster healthy relationships, confidence, and productive citizenship. Both volunteers and members of the community improve their lives by learning from one another and helping each other grow.

Who we help:


Children, mothers, fathers & families who have been through significant trauma and in need of a positive role model. Parents in need of guidance whether it is to help them with budgeting, scheduling, and community involvement to lead them on a positive path and back with their families. Seniors in need of friendly visitors or assistance with basic household projects.


How you can help:


 **Mentoring-** In need of individuals, couples and families to mentor a young person in need of guidance and companionship. We also offer adult mentoring for mothers or fathers in need of a positive role model. Mentors spend as much or as little time they want, but most typically meet a few hours each week.

 **Tutor** - Volunteers can also work as afterschool tutors, meeting regularly with students to provide academic aid outside of the classroom. Tutors meet once or twice a week to review homework assignments and provide resources for academic success.

 **Companionship/Friendly Visitor-** A companionship volunteer's role is to lend a helping hand to home-bound seniors. They will assist seniors with chores such as grocery shopping, paying bills, transportations and so forth. A companionship volunteer not only assists seniors with daily chores, they also make the lives of the people they help less lonely.

 **Transportation-** The transportation program provides assistance to clients who are not able to drive themselves to and from appointments, visits, events, or errands. Transportation is provided for children to see siblings or parents at visits to seniors needing assistance on errand runs.

 **Music & Memory-** Many opportunities are available in this program from visits for seniors with dementia and Alzheimer's playing them music on their provided iPod and playing mind-enhancing games with them. We provide a monthly support group in one room for the caregiver and in another we have activities and crafts for their loved one. This program provides many community events and is always looking for event donations, prizes, volunteers, snacks and entertainment.

 **Busy Boards, Fidget Quilts and Donations-** Busy Boards and Fidget quilts are a therapeutic tool we can use for our seniors with dementia or Alzheimers and also for our children struggling with PTSD and ADHD. We are constantly looking for new or gently used ipods for our Music & Memory Program, memory enhancing games, toys, crafts items, puzzles and more.

For a full list of items needed and volunteer inquiries please contact:

Theresa Menting - theresa.menting@fdlco.wi.gov 920.906.4691



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jackie 920-929-3466, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

If you would like to request to be on the mailing list for our newsletter please call (920) 929-3466, TTY: Use Relay, or email adrc@fdlco.wi.gov.

Please watch for our Fall Edition of the Portland Resource in September 2017!